

\*\*Vegetarian Menu\*\*



# January

**Monday, Jan. 3rd**

Golden Grahams,  
Applesauce  
  
Veggie Chicken Noodle  
Soup, Cheese Sandwich,  
Applesauce  
  
Sn: Rice Cakes, Juice

**Tuesday, Jan. 4th**

Apple Spice Bread,  
Pineapple  
  
Cheese Nachos, Corn,  
Pineapple  
  
Sn: Ritz Crackers, Cheese  
Slices

**Wednesday, Jan. 5th**

Whole Wheat French Toast  
Stix, Peaches  
  
Cheese Ravioli, Green  
Beans, Peaches  
  
Sn: Apple Slices, String  
Cheese

**Thursday, Jan. 6th**

Yogurt w/ Rice Krispies,  
Fruit Mix  
  
Veggie Chicken Patty on  
Bun, Carrots, Fruit Mix  
  
Sn: Animal Crackers, Milk

**Friday, Jan. 7th**

Biscuits & Gravy, Pears  
  
Mac & Cheese, Peas, Pears  
  
Sn: Popcorn, Juice  
  
Tod: Puffed Corn, Juice

**Monday, Jan. 10th**

Life Cereal, Peaches  
  
Veggie Chili, Crackers w/  
Cheese Slice, Peaches  
  
Sn: Trail Mix, Juice

**Tuesday, Jan. 11th**

Banana bread, Pineapple  
  
Veggie Chicken Nuggets,  
Green Beans, Pineapple  
  
Sn: Carrot Stix & Cucumber  
Slices w/ Ranch  
  
Tod: Shredded Carrots Stix

**Wednesday, Jan. 12th**

Pancakes, Pears  
  
Veggie Meatballs, Buttered  
Noodles, Carrots, Pears  
  
Sn: Grapes, Yogurt  
  
Tod: Fruit, Yogurt

**Thursday, Jan. 13th**

Kix Cereal, Mandarin  
Oranges  
  
Veggie Sloppy Joe on Bun,  
Corn, Mandarin Oranges  
  
Sn: Nutri-grain Bar

**Friday, Jan. 14th**

Oatmeal w/Apples, Butter  
Toast  
  
Tuna Noodle Casserole,  
Peas, Applesauce  
  
Sn: Ranch Oyster Crackers,  
Juice

**Monday, Jan. 17th**

**Tuesday, Jan. 18th**

**Wednesday, Jan. 19th**

**Thursday, Jan. 20th**

**Friday, Jan. 21st**

Apple Cinnamon Cheerios,  
Pineapple

Veggie Chicken Noodle w/  
Veggie Soup, Hummus  
Sandwich, Pineapple

Sn: Cottage Cheese, Club  
Crackers

Pumpkin Spice Bread,  
Peaches

Veggie Mini Corndogs,  
Peas, Peaches

Sn: Goldfish, Juice

Whole Wheat French Toast  
Stix, Pears

Pizza Pasta, Green Beans,  
Pears

Sn: Apple Slices, Sun Butter

Golden Grahams,  
Applesauce

Veggie Burger on Bun,  
Carrots, Applesauce

Sn: Tortilla Chips, Salsa

Cinnamon Roll, Fruit Mix

Fettuccini Alfredo, Broccoli,  
Fruit Mix

Sn: Graham Crackers, Milk

**Monday, Jan. 24th**

**Tuesday, Jan. 25th**

**Wednesday, Jan 26th**

**Thursday, Jan. 27th**

**Friday, Jan. 28th**

Rice Krispies, Applesauce

Tomato Noodle Soup,  
Grilled Cheese, Applesauce

Sn: Chex Mix, Juice

Blueberry bread, Pineapple

Cheese Quesadilla, Corn,  
Pineapple

Sn: Oreo Crisps, Milk

Waffles, Peaches

Veggie Chicken Patty,  
Mashed Potatoes, Bread-  
stix, Peaches

Sn: Carrot Stix & Cucumber  
Slices w/ Ranch

Tod: Shredded Carrot Stix

Life Cereal, Pears

Veggie Meatball Sub,  
Carrots, Pears

Sn: Cheese-itz, Juice

Bagel w/ Egg Patty, Cheese  
Slice, Fruit Mix

Fish Shapes, Mixed  
Veggies, Fruit Mix

Sn: Orange Slices, String  
Cheese

**Monday, Jan.31st**

Kix, Mandarin Oranges

Veggie Noodle Soup, Sun  
Butter & Jelly Sandwich,  
Mandarin Oranges

Sn: Veggie Straws, Juice